



**NEW EPISODES
MONDAYS
AT NOON EST**

"High Fiber Meals" Italian Vegetable Rice Soup

**1 1/2 qts vegetable or chicken stock
2 carrots peeled and diced
1 zucchini diced
1 lb canned great northern beans, undrained
1 1/2 cups quick cooking rice
1 tsp Italian herb seasoning
1/4 cup grated parmesan cheese**

Bring stock and carrots to a boil in sauce pan over high heat. Stir in next 4 ingredients. Cook about 5 minutes, until vegetables are just tender. Sprinkle on parmesan.

Keep the skin on vegetables to get more fiber in your diet.